



Partners *for a*  
Hunger-Free Oregon

Partners for a Hunger Free Oregon  
Presents

Senior Hunger

# Times are Tough!

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Most seniors planned for their later years by saving money and relying on social security and retirement funds to support them.

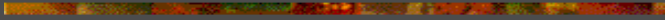
But things changed – and now many seniors are finding themselves in a financial pinch.



# Senior Hunger



This presentation will answer some basic questions about hunger, how it affects seniors and what you can do to help.



# Do you know seniors who have

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- Skipped a meal because there wasn't enough food?
- Cut the size of their meals?
- Made one meal stretch for 3 meals?
- Eaten food that was unsafe because they didn't have food for later?

This is Hunger!

Also called **Very Low Food Security**

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# Question?

Could a person be overweight  
and food insecure?

YES!



# How?

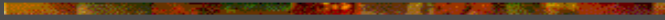
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- Often fast food and pre-packed food is less expensive than fresh fruits, vegetables and whole grain products.
  - They eat “filler food.” Example: ramen noodles are inexpensive and filling but have very little nutritional value.
  - Seniors who are hungry can’t always afford food that is nutritious.
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# Fat Frail

A term used for seniors who may be overweight but are actually undernourished.



# If undernourished a senior might:

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- Be diagnosed as having dementia or early Alzheimer's Disease
- Have dizzy spells
- Fall and fracture a bone, ending up in a wheelchair or a nursing home.

The question is – what can be done?

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# Balanced Diet

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- The USDA food pyramid states that a healthy person should eat wholegrain products,
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# Balanced Diet



- Eat and drink wholesome dairy products,

# Balanced Diet



- Eat healthy proteins such as:
  - Fish/Meat
  - Eggs
  - Legumes
  - Whole Grains
  - Nuts and Seeds
  - Soy

# Balanced Diet



- And eat lots of fresh fruits and a variety of vegetables.

# New evidence states lack of nutrition may cause:

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- Muscle loss
  - Memory loss
  - Fatigue
  - Depression
  - Weak immune system
  - Digestive, lung and heart problems
  - And other serious ailments
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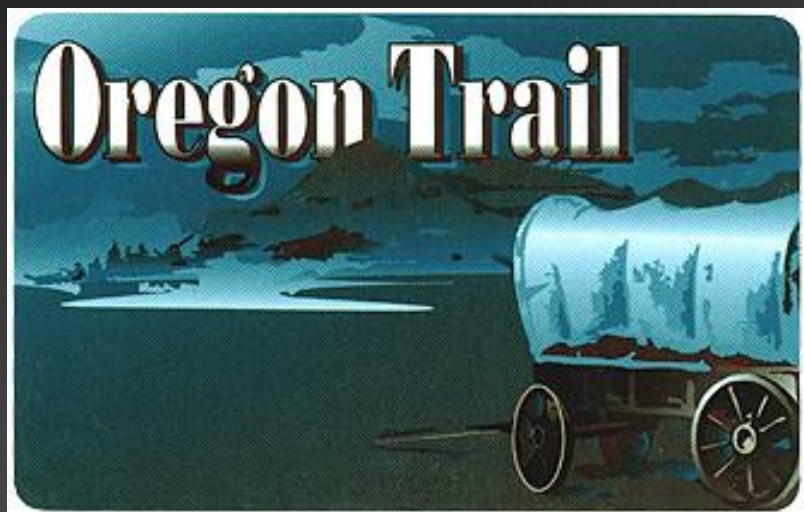


But Healthy Food  
Can Be Expensive



What can a person do?





**SNAP!**

Supplemental Nutrition  
Assistance Program

**Helping seniors eat right when  
money is tight.**



Previously Known as  
food stamps

The new name is  
**SNAP**





# More than the name has changed

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- No longer stamps or coupons – they are now much like a debit card called the **Oregon Trail card**
  - Go to the market and pay by sliding the card like any bank debit card
  - Enter a private 4 digit code
  - Done!
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If it is so easy to use, then ...

Why aren't more seniors using  
them?

Good Question!

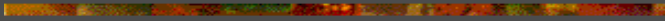




# Did you know?

Only 1 in 3 eligible seniors  
actually receives SNAP.

**Question: Why wouldn't a senior get  
help when they need it?**



# Studies show that many seniors:

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Did not know they qualified.

**FACT:** The income guideline may be more than you think.

For a single person the monthly income limit is \$1,670

For a two-person household it is \$2,247

For a three-person household the limit is \$2,823

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# Important!

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Check with a worker – even if over the income requirements

- High out of pocket costs may qualify as deductions
- Many qualify for other services

# Studies show that many seniors:

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Did not want to take SNAP away from someone who might need it more.

## FACT:

- SNAP is a federally-funded program which expands or contracts as needed.
  - There are enough benefits available for everyone who qualifies.
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# Studies show that many seniors:

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Did not know they could own a car or home or have money in the bank.

## **FACT:**

In Oregon, resources such as a home, car, savings, checking account, or retirement funds do NOT affect eligibility for most households.

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# Studies show that many seniors:

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Did not want to take a handout.

## **FACT:**

Seniors pay into SNAP with their tax dollars – just like they pay into social security.

Is social security a handout?

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# Studies show that many seniors:

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Believe using SNAP dollars hurts the economy.

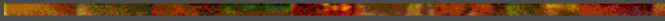
## FACT:

- SNAP helps Oregon's economy!
  - More than \$900 million federal dollars were invested in Oregon last year
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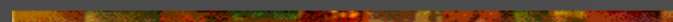
## To narrow this down ....

Every SNAP dollar generates about \$1.73 in local economic stimulus, helping to keep the local economy strong and vital.



# How do seniors apply?



- Oregonians 60+ go to senior service offices.
  - Call 1-800 SafeNet (1-800-723-3638) or 211 to find the nearest office.
  - Interviews can be done in person or over the phone.
  - Seniors may find they also qualify for other services, such as health care or utility assistance.
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# Good News



- Oregonians 65 or better who live in the Tri-County and Columbia County areas may qualify for

**CASH OUT!**

# With Cash Out

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- Cash may be deposited directly onto your Oregon Trail card or in your bank account.
  - Allows more flexibility with monthly budgeting.
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# With SNAP a senior may qualify for other assistance:

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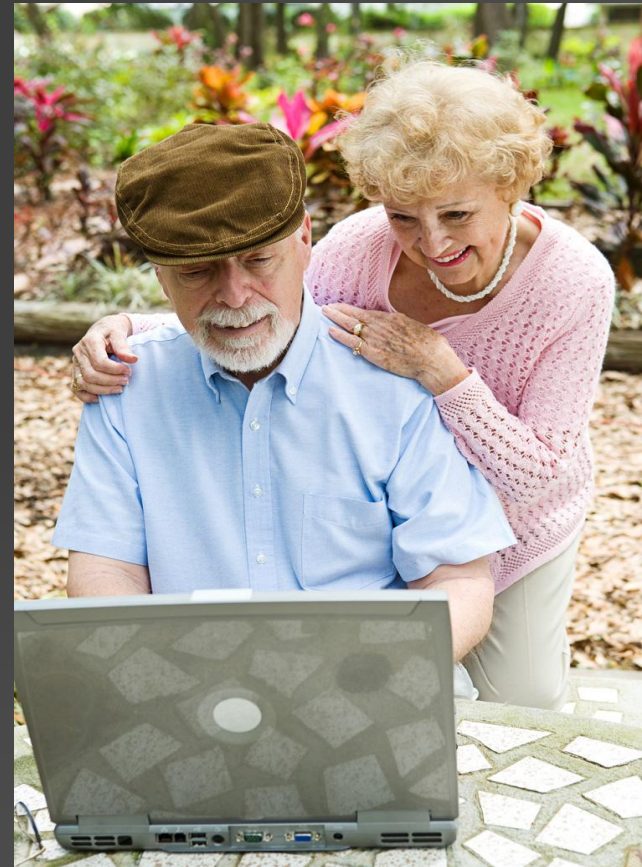
- OTAP - Oregon Telephone Assistance
    - \$13.50 per month toward monthly bill.
    - Can be used with some cell phone companies.
    - Link-Up America will pay for part of phone installation.
  - Senior Farmers Market Coupons
    - Coupons given to those 60+ to spend at the Farmers Markets to purchase fresh fruits and vegetables (income requirements may differ)
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# Where can seniors find assistance?

- Visit

[www.OregonHelps.org](http://www.OregonHelps.org)

- Confidential
- Private
- Free
- Find out about other services



# More Help!



- Call 1-800 SafeNet  
(1-800-723-3638)

<http://www.211info.org/>

- Ask Questions
- Find Assistance
- 150 Different Languages
- Resource Directory
- Monday – Friday  
8AM to 6PM



# Other Food Resources:



## Oregon Food Bank

- Emergency food boxes
- Gleaning
- Community Basket

[www.oregonfoodbank.org/](http://www.oregonfoodbank.org/)

503-282-0555

1-800-777-7427



# More Food Resources:

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- Meals on Wheels
  - Loaves and Fishes
  - Senior Congregate Meal Sites
  - Local Churches
  - 1-800 SafeNet (1-800-723-3638) or 211
- <http://www.211info.org/>
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# Grandparents Raising Grandchildren

## Consider WIC

- If you are raising children under 5 years of age
- Realize that good nutrition in early childhood can make a difference
- Call 1-800-SafeNet to find the WIC office near you.

# What Can You Do?

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- Help spread the word – tell others about SNAP.
- Do you know a group that can benefit from this presentation?

**Call the Partners For a Hunger Free Oregon  
at 503-595-5501 ext. 8**

- Visit our website at [www.OregonHunger.org](http://www.OregonHunger.org) and sign up for the **Advocacy Alert**.
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# And of course ...

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- Keep an eye on your neighbors and friends - especially seniors - to make sure they have enough food and are eating.
  - If you have a car, offer to drive them to and from the grocery store – especially during bad weather.
  - If you know of someone with mobility limitations, offer to pick up and deliver food for them.
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Putting Healthy  
Food Within  
Reach!



Partners *for a*  
Hunger-Free Oregon

Thank you

Partners for a Hunger Free Oregon

503-595-5501 ext 8

[www.OregonHunger.org](http://www.OregonHunger.org)